2017

IT’S ON!

NEW YEAR’S CHALLENGE
28 DAYS OF FUN WORKOUTS + EASY EATS

Make Any Dream Happen!
The Plan

15 Fresh Start Beauty Ideas

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Iskra, P. 6
HELP YOUR HANDS
Dry, cracked skin can hurt. Laura Mercier Ambre Vanillé Hand Crème, $16, teams up shea butter and honey to soften and protect—and earns extra points for its warm, musky scent.

GET THAT GLOW
Dullness is no match for daily exfoliation. Boston dermatologist Emmy Graber, M.D., suggests gentle acids, like salicylic and polyhydroxy, to remove dead cells without irritation. Clinique Turnaround Revitalizing Serum, $45, offers both.

SCORE SOME SPF
People often skip sunscreen in the winter, says Dr. Graber. Clarins Hydra-Essentiel SPF 15, $46, eliminates excuses with built-in sun protection. Plus, the formula helps skin withstand the dehydrating effects of sudden changes in temperature—like going from snowy slopes to the ski lodge.

DEFEAT DRYNESS
Soothe parched skin with a mask. Yes To Cotton Single Use Comforting Paper Mask, $3, includes cottonseed oil and softening vitamin E. Orlane Crème Royale Beauté Sublime Mask, $250, packs royal jelly, an anti-inflammatory that defeats dryness and redness. Oh, and it’s mixed with 24-karat gold to reinforce the skin’s defenses—NBD.

GAME PLAN
WINTER WINS
It’s time to step up your cold-weather offense. Fight back with these smart solutions. By Deanna Pai

CONTROL STATICKY HAIR
For daily styling, a drop or two of Pacifica Dragon Tamer Invisible Anti-Frizz Serum, $14, keeps unruly strands in check. A weekly intensive treatment like Leonor Greyl Masque Quintessence, $145, made with repairing oils, helps retain moisture as it restores healthy texture. You can also reduce flyaways with a hat-friendly style. “Twist your hair into a bun before you put on winter gear,” says Wes Sharpton, a stylist at the NYC salon Hairstory.